



# AMERICAN RED CROSS TRAINING ESSENTIAL INFORMATION

Before you sign up for American Red Cross training at the YMCA of Greenwich, it's important to know the prerequisites, commitments, and benefits. This guide provides essential insights into registration, course structure, and certifications offered, helping you prepare for a successful and rewarding training experience.

## TRAINING INFORMATION

Training Location: YMCA Greenwich, 50 East Putnam Ave, Greenwich CT 06831 (parking and drop-off is in the Mason Street lot, behind the building)

Dates/Times: Note the dates and times of the session you enrolled in.

Online Course: ALL online course work needs to be completed PRIOR to arriving on Day 1. Bring proof of completion (hard copy or on your phone) to Day 1 of class (accessed in the Learning Center: [www.RedCrossLearningCenter.org](http://www.RedCrossLearningCenter.org)).

## PURPOSE OF THE COURSE

The purpose of the Lifeguarding course is to teach the knowledge and skills needed to help prevent and respond to aquatic emergencies in both shallow water (less than 7') and deeper water (7' or more). These include land and water rescue skills as well as first aid and resuscitation skills. Those pursuing the waterfront skills will additionally learn knowledge and skills to prevent, recognize, and respond to aquatic emergencies in non-surf, open water areas found at public parks, resorts, summer camps and campgrounds.

## CONTACT

Questions regarding the prerequisites, course content or to discuss accommodations to meet your learning style can be directed to Angela Reeve, the instructor. Questions pertaining to registration should be directed to the Front Desk.

Angela Reeve, Red Cross Instructor, YMCA Greenwich

Email: [AngelaReeve@optonline.net](mailto:AngelaReeve@optonline.net)

Cell/text: 914-330-2909

# PRE-REQUISITES

At least 15 years of age by the last day of the class and pass a prerequisite swim skills evaluation which includes:

**Prerequisite 1 (for Lifeguarding):** Jump in, submerge, resurface and swim 150 yds continuously, tread water for 2 minutes, and then swim 50 more yards. While swimming, you must keep your face in the water and demonstrate good breath control. You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed. When treading, you use only your legs.

**Prerequisite 1 (for Lifeguarding with Waterfront Skills):** Same sequence as above, except the distances are 350 yards, 2 minute tread, 200 yards.

**Prerequisite 2 (for all):** Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed. Surface dive (head-first or feet-first) to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface. Swimming the distance underwater is not permitted. Exit the water without using a ladder or the steps.

**Prerequisite 3 (just for Lifeguarding with Waterfront Skills):** Complete an underwater swim. Swim goggles are not allowed. Starting in the water, swim 5 yards. Your face may be in or out of the water. Submerge, swim underwater and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water. Return to the surface after picking up all three dive rings and continue to swim for another 5 yards to complete the sequence.

## PREREQUISITE SWIM SKILLS EVALUATION

It is preferable to complete this evaluation at least one week prior to the start. However, students may opt to complete the pre-req evaluation during the first hour of Day 1.

Note: a failed pre-test on Day 1 constitutes a cancellation (please review the facility's policy in detail printed on your receipt and outlined below).

## COURSE COMPLETION REQUIREMENTS

To successfully complete this training course, you must:

- complete all online content
- attend the entire course and participate in all class sessions;
- actively participate in all course activities, including assuming various roles during skill practices and the "Putting it All Together" activities;
- demonstrate proficiency in all required skills and scenarios;
- successfully pass the final written exam with a minimum grade of 80 percent.

## REQUIRED TEXTBOOK

Each student is required to have access to the 2024 Lifeguarding Manual. [Free digital access can be obtained here](#), use access code: 2589355AMM8VYNCFWS

Enter your full name, email, and set your password.

[Hard copy may be purchased here](#). This is a terrific resource to support your learning, especially the chapter review questions that will help you prepare for your written final exam.

# PHYSICAL DEMANDS AND ILLNESS

The practice sessions will require strenuous physical activity. If you have any concerns about your ability to participate fully in class (for example, because of a medical condition or mobility issues), please contact me before the first class session to discuss possible accommodations and speak to your healthcare provider to ensure you are clear to participate.

Please do not come to class if you are ill or are contagious with illness. While there are no refunds for cancellations, the facility will hold a credit for you so that you may complete the training when you are completely well. The facility may request a physician's note.

## WHAT TO BRING

- Proof of age (drivers license/permit, state ID card, passport, or birth certificate). If a birth certificate is used to provide proof of age, an additional form of ID with a photo is also needed.
- Completion report from online course work
- Swim suit, towels, dry comfortable clothes for classroom sessions
- Water bottle (no glass), easy-to-eat snacks, lunch.
- Notebook, pencil, access to your eBook Lifeguard Manual (phone, iPad, laptop, or hardcopy)
- Those pursuing Waterfront Skills bring a set of mask and fins (goggles do not suffice)

## CERTIFICATION

Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding (including Deep Water) with CPR/AED for Professional Rescuers and First Aid, valid for 2 years. Some of you will additionally have "with Waterfront Skills" listed on your certification.

## REFUND / CANCELLATION / TRANSFER POLICY

- Transfer request with more than 7 days notice will be honored as availability permits without penalty.
- Cancellation within 7 days prior to the Day 1 start of your course — no refund applies.
- Transfer request within 7 days prior to the start of your course, \$75 transfer processing fee applies.
- No refunds for those who do not successfully meet all course completion requirements.
- Failed prerequisite swim skills evaluation on Day 1 of training constitutes cancellation. No refund applies. However, those who do not pass the prereq swim skills evaluation on Day 1 of training may request that their registration fee be applied toward a future course offering — a \$75 processing fee applies. This forward application of registration fees may be requested only once.